Please mark your answers. Follow the directions included with the questions. If no directions are presented, check the box next to your answer or fill in the blanks. Because not all questions will apply to everyone, you may be asked to skip certain questions.

BEFORE PREGNANCY

First, we would like to ask a few questions about *you* and the time <u>before</u> you got pregnant with your new baby.

1. At any time during the 12 months before you got pregnant with your new baby, did you do any of the following things? For each item, circle Y (Yes) if you did it or circle N (No) if you did not.

		No	Ye
a.	I was dieting (changing my eating		
	habits) to lose weight	. N	Y
b.	I was exercising 3 or more days		
	of the week	. N	Y
c.	I was regularly taking prescription		
	medicines other than birth control	. N	Y
d.	I visited a health care worker to		
	be checked or treated for diabetes	. N	Y
e.	I visited a health care worker to		
	be checked or treated for high		
	blood pressure	. N	Y
f.	I visited a health care worker to		
	be checked or treated for depression		
	or anxiety	. N	Y
g.	I talked to a health care worker		
_	about my family medical history	. N	Y
h.	I had my teeth cleaned by a dentist		
	or dental hygienist	. N	Y
	• •		

2.	During the <i>month before</i> you got pregnant with your new baby, were you covered by any of these health insurance plans?			
		Check <u>all</u> that apply		
		Health insurance from your job or the job of your husband, partner, or parents Health insurance that you or someone else paid for (not from a job) Medicaid TRICARE or other military health care FAMIS Other source(s) — Please tell us:		
		I did not have any health insurance before I got pregnant		
3.	wit we	th your new baby, how many times a eek did you take a multivitamin, a eenatal vitamin, or a folic acid vitamin?		
☐ I didn't take a multivitamin, prenatal vitamin, or folic acid vitamin at all ☐ 1 to 3 times a week ☐ 4 to 6 times a week ☐ Every day of the week		vitamin, or folic acid vitamin at all 1 to 3 times a week 4 to 6 times a week		
4.		st before you got pregnant with your new by, how much did you weigh?		
		Pounds OR Kilos		

2

5.	How tall are you without shoes?	11. Was the baby <i>just before</i> your new one born <i>more</i> than 3 weeks before his or her due date?
	OR Meters	□ No □ Yes
6.	What is your date of birth?	The next questions are about the time when you got pregnant with your <i>new</i> baby.
	Month Day Year	12. Thinking back to <i>just before</i> you got pregnant with your <i>new</i> baby, how did you feel about becoming pregnant?
7.	Before you got pregnant with your new baby, did a doctor, nurse, or other health care worker talk with you about how to prepare for a healthy pregnancy and baby?	☐ I wanted to be pregnant sooner☐ I wanted to be pregnant later
	□ No □ Yes	☐ I wanted to be pregnant then ☐ I didn't want to be pregnant then or at any time in the future
8.	Before you got pregnant with your new baby, were you ever told by a doctor, nurse, or other health care worker that you had Type 1 or Type 2 diabetes? This is not the same as gestational diabetes or diabetes that starts during pregnancy.	13. When you got pregnant with your new baby, were you trying to get pregnant? ☐ No ☐ Yes
	□ No □ Yes	14. When you got pregnant with your new baby, were you or your husband or partner doing anything to keep from getting
9.	Before you got pregnant with your new baby, did you ever have any other babies who were born alive?	pregnant? (Some things people do to keep from getting pregnant include not having sex at certain times [natural family planning or
↓	□ No → Go to Question 12 □ Yes	rhythm] or withdrawal, and using birth control methods such as the pill, condoms, vaginal ring, IUD, having their tubes tied, or their partner having a vasectomy.)
10.	Did the baby born <i>just before</i> your new one weigh <i>more</i> than 5 pounds, 8 ounces (2.5 kilos) at birth?	☐ No ☐ Yes
	□ No □ Yes	Go to Question 15

15.	What were your reasons or your husband's
	or partner's reasons for not doing anything
	to keep from getting pregnant?

Check all that apply

	I didn't mind if I got pregnant
	I thought I could not get pregnant at that
_	6 1 6
_	time
	I had side effects from the birth control
	method I was using
	ϵ
_	I had problems getting birth control when
	I needed it
	I thought my husband or partner or I was
	sterile (could not get pregnant at all)
	, 5 1 5
	My husband or partner didn't want to use
	anything
	Other — Please tell us:
	Other Flease tell us.

If you were <u>not trying</u> to get pregnant when you got pregnant with your new baby, go to Question 17.

16. Did you take any fertility drugs or receive any medical procedures from a doctor, nurse, or other health care worker to help you get pregnant with your new baby? (This may include infertility treatments such as fertility-enhancing drugs or assisted reproductive technology.)

□ No □ Yes

DURING PREGNANCY

The next questions are about the prenatal care you received during your most recent pregnancy. Prenatal care includes visits to a doctor, nurse, or other health care worker before your baby was born to get checkups and advice about pregnancy. (It may help to look at the calendar when you answer these questions.)

17. How many weeks or months pregnant were you when you were sure you were pregnant? (For example, you had a pregnancy test or a doctor or nurse said you were pregnant.)

Weeks **OR** ____ Months

☐ I don't remember

18. How many weeks or months pregnant were you when you had your first visit for prenatal care? Do not count a visit that was only for a pregnancy test or only for WIC (the Special Supplemental Nutrition Program for Women, Infants, and Children).

Weeks OR ____ Months

I didn't go
for prenatal
care ____ Go to Page 4, Question 20

Go to Page 4, Question 19

4

19.	Did you get prenatal care as early in your pregnancy as you wanted?	21.	Did hel	
\	No Yes			Н
20.	Did any of these things keep you from getting prenatal care at all or as early as you wanted? For each item, circle T (True) if it was a reason that you didn't get prenatal care when you wanted or circle F (False) if it was not a reason for you or if something does not apply to you.			or pa He pa M TH FA
	True False			
a.	I couldn't get an appointment when I wanted one			
b.	I didn't have enough money or insurance to pay for my visits T F		_	I d
c.	I had no transportation to get to the clinic or doctor's office T F			
d.	The doctor or my health plan would not start care as early			
e.	as I wanted			
f.	going on			
	or schoolT F			
g. h.	I didn't have my Medicaid card T F I had no one to take care of my			
	childrenT F			
i. j.	I didn't know that I was pregnant T F I didn't want anyone else to know			
	I was pregnant T F			
k.	I didn't want prenatal care T F			
	you did not go for prenatal care, go to uestion 24.			
	J			

21. Did any of these health insurance plans help you pay for your *prenatal care*?

Check <u>all</u> that apply

	Health insurance from your job
	or the job of your husband, partner, or
	parents
	Health insurance that you or someone els
	paid for (not from a job)
	Medicaid
	TRICARE or other military health care
	FAMIS
	Other source(s) — Please tell us

I did not have health insurance to help pay for my prenatal care

22.	During any of your prenatal care visits, did
	a doctor, nurse, or other health care worker
	talk with you about any of the things listed
	below? Please count only discussions, not
	reading materials or videos. For each item,
	circle Y (Yes) if someone talked with you
	about it or circle N (No) if no one talked with
	you about it.

		No	Yes
a.	How smoking during pregnancy		
	could affect my baby	. N	Y
b.	Breastfeeding my baby	. N	Y
c.	How drinking alcohol during		
	pregnancy could affect my baby	. N	Y
d.	Using a seat belt during my		
	pregnancy	. N	Y
e.	Medicines that are safe to take during	;	
	my pregnancy	. N	Y
f.	How using illegal drugs could affect		
	my baby		Y
g.	Doing tests to screen for birth defects		
	or diseases that run in my family	. N	Y
h.	The signs and symptoms of preterm		
	labor (labor more than 3 weeks before		
	the baby is due)		Y
i.	What to do if my labor starts early	. N	Y
j.	Getting tested for HIV (the virus		
	that causes AIDS)	. N	Y
k.	What to do if I feel depressed during		
	my pregnancy or after my baby		
	is born	. N	Y
1.	Physical abuse to women by their		
	husbands or partners	. N	Y
23.	During any of your prenatal care vis	its, c	lid
	a doctor, nurse, or other health care	e wo	rker
	ask if you were smoking cigarettes?	•	

□ No □ Yes

24. At any time during your most recent pregnancy or delivery, did you have a test for HIV (the virus that causes AIDS)?
No Yes Go to Question 26 I don't know
25. Were you offered an HIV test during your most recent pregnancy or delivery?
□ No □ Yes
26. During your most recent pregnancy, were you on WIC (the Special Supplemental Nutrition Program for Women, Infants, and Children)?
□ No □ Yes
27. During your most recent pregnancy, were you told by a doctor, nurse, or other health care worker that you had gestational diabetes (diabetes that started during this pregnancy)?
☐ No ☐ Yes

28.	Did you have any of the following problems
	during your most recent pregnancy? For
	each item, circle Y (Yes) if you had the
	problem or circle N (No) if you did not.

		No	Ye
a.	Vaginal bleeding	. N	Y
b.	Kidney or bladder (urinary tract)		
	infection	. N	Y
c.	Severe nausea, vomiting, or		
	dehydration	. N	Y
d.	Cervix had to be sewn shut		
	(cerclage for incompetent cervix)	. N	Y
e.	High blood pressure, hypertension		
	(including pregnancy-induced		
	hypertension [PIH]), preeclampsia,		
	or toxemia	. N	Y
f.	Problems with the placenta (such as		
	abruptio placentae or		
	placenta previa)	. N	Y
g.	Labor pains more than 3 weeks		
	before my baby was due (preterm		
	or early labor)	. N	Y
h.	Water broke more than 3 weeks		
	before my baby was due (premature		
	rupture of membranes [PROM])	. N	Y
i.	I had to have a blood transfusion	. N	Y
j.	I was hurt in a car accident	. N	Y

The next questions are about smoking cigarettes around the time of pregnancy (before, during, and after).

29.		we you smoked any cigarettes in the past ears?		
↓	<u> </u>	No — Go to Question 34 Yes		
30.	In the 3 months before you got pregnant, how many cigarettes did you smoke on an average day? (A pack has 20 cigarettes.)			
	\Box	41 cigarettes or more 21 to 40 cigarettes 11 to 20 cigarettes 6 to 10 cigarettes 1 to 5 cigarettes Less than 1 cigarette I didn't smoke then		
31. In the <u>last 3</u> months of your pregnancy, how many cigarettes did you smoke on an average day? (A pack has 20 cigarettes.)				
		11 to 20 cigarettes 6 to 10 cigarettes 1 to 5 cigarettes		
If you did not smoke during the 3 months before you got pregnant with your new baby, go to Question 33.				

32.	During any of your prenatal care visits, did a doctor, nurse, or other health care worker advise you to quit smoking?	The next questions are about drinking alcohol around the time of pregnancy (before, during, and after).			
	 □ No □ Yes □ I had quit smoking before my first prenatal care visit □ I didn't go for prenatal care 	35. Have you had any alcoholic drinks in the past 2 years? A drink is 1 glass of wine, wine cooler, can or bottle of beer, shot of liquor, or mixed drink.			
33.	How many cigarettes do you smoke on an average day now? (A pack has 20 cigarettes.)	☐ No — Go to Page 8, Question 38			
	 □ 41 cigarettes or more □ 21 to 40 cigarettes □ 11 to 20 cigarettes 	36a. During the <i>3 months before</i> you got pregnant, how many alcoholic drinks did you have in an average week?			
	☐ 6 to 10 cigarettes ☐ 1 to 5 cigarettes ☐ Less than 1 cigarette ☐ I don't smoke now	14 drinks or more a week 7 to 13 drinks a week 4 to 6 drinks a week 1 to 3 drinks a week Less than 1 drink a week			
34.	Which of the following statements best describes the rules about smoking <i>inside</i> your home <i>now</i> ?	☐ I didn't drink then → Go to Page 8, Question 37a			
	Check one answer ☐ No one is allowed to smoke anywhere	36b. During the 3 months before you got pregnant, how many times did you drink 4 alcoholic drinks or more in one sitting? A sitting is a two hour time span.			
	 inside my home Smoking is allowed in some rooms or at some times Smoking is permitted anywhere inside my home 	☐ 6 or more times ☐ 4 to 5 times ☐ 2 to 3 times ☐ 1 time ☐ I didn't have 4 drinks or more in 1 sitting			

Pregnancy can be a difficult time for some women. The next questions are about things that may have happened <i>before</i> and
during your most recent pregnancy.
38. This question is about things that may have happened during the 12 months before your new baby was born. For each item, circle Y (Yes) if it happened to you or circle N (No) if it did not. (It may help to look at the calendar when you answer these questions.)
No Yes
a. A close family member was very sick
and had to go into the hospital N Yb. I got separated or divorced from my
husband or partner N Y
c. I moved to a new address N Y
d. I was homeless N Ye. My husband or partner lost his job N Y
e. My husband or partner lost his job N Yf. I lost my job even though I wanted
to go on working N Y
g. I argued with my husband or partner
more than usualN Y h. My husband or partner said he
didn't want me to be pregnant N Y
i. I had a lot of bills I couldn't payN Y
j. I was in a physical fight N Y
k. My husband or partner or I went to jail
l. Someone very close to me had a
problem with drinking or drugs N Y
m. Someone very close to me died \dots N Y
39. During the 12 months before you got pregnant with your new baby, did your husband or partner push, hit, slap, kick, choke, or physically hurt you in any other way? □ No □ Yes

40. During the <i>12 months before</i> you got pregnant with your new baby, did an	46. When did you go into the hospital to have your baby?				
ex-husband or ex-partner push, hit, slap, kick, choke, or physically hurt you in any other way?	$\frac{1}{\text{Month}} / \frac{1}{\text{Day}} / \frac{20}{\text{Year}}$				
□ No □ Yes	☐ I didn't have my baby in a hospital				
41 During the 12 mouths before you get	47. When was your baby born?				
41. During the <i>12 months before</i> you got pregnant with your new baby, did anyone else physically hurt you in any way?	$\frac{1}{\text{Month}} / \frac{1}{\text{Day}} / \frac{20}{\text{Year}}$				
☐ No	Month Day Year				
☐ Yes	48. When were you discharged from the hospital after your baby was born?				
42. During your most recent pregnancy, did your husband or partner push, hit, slap, kick, choke, or physically hurt you in any other way?	$\frac{1}{\text{Month}} / \frac{20}{\text{Day}} / \frac{20}{\text{Year}}$				
□ No □ Yes	☐ I didn't have my baby in a hospital				
43. During your most recent pregnancy, did an	49. Did any of these health insurance plans help				
ex-husband or ex-partner push, hit, slap,	you pay for the delivery of your new baby				
kick, choke, or physically hurt you in any	Check <u>all</u> that apply				
other way? No Yes	 ☐ Health insurance from your job or the job of your husband, partner, or parents ☐ Health insurance that you or someone else 				
44. During your most recent pregnancy, did	paid for (not from a job)				
anyone else physically hurt you in any way?	Medicaid				
□ No	☐ TRICARE or other military health care				
_ 110	☐ FAMIS				
Yes	☐ FAMIS ☐ Other source(s) → Please tell us:				
Yes The next questions are about your labor					
Yes					
Yes The next questions are about your labor and delivery. (It may help to look at the	Other source(s) — Please tell us: I did not have health insurance to help				
The next questions are about your labor and delivery. (It may help to look at the calendar when you answer these questions.) 45. When was your baby due?	Other source(s) — Please tell us: I did not have health insurance to help				
Yes The next questions are about your labor and delivery. (It may help to look at the calendar when you answer these questions.)	Other source(s) — Please tell us: I did not have health insurance to help				

AFTER PREGNANCY

The next questions are about the time since your new baby was born.

D. After your baby was born, was he or she put in an intensive care unit?			
	No Yes I don't know		
51. After your baby was born, how long did he or she stay in the hospital?			
	Less than 24 hours (less than 1 day) 24 to 48 hours (1 to 2 days) 3 to 5 days 6 to 14 days More than 14 days My baby was not born in a hospital My baby is still in the hospital — Go to Question 54		
52. Is your baby alive now?			
	No — Go to Page 12, Question 65		
53. Is your baby living with you now?			
	No — Go to Page 12, Question 65		
o to	Question 54		
	Afte or s		

4.	Did you ever breastfeed or pump breast milk to feed your new baby after delivery, even for a short period of time?				
1		No Yes → Go to Question 56			
5.		at were your reasons for not astfeeding your new baby? Check <u>all</u> that apply			
		My baby was sick and was not able to breastfeed I was sick or on medicine I had other children to take care of I had too many household duties I didn't like breastfeeding I tried but it was too hard I didn't want to I was embarrassed to breastfeed I went back to work or school I wanted my body back to myself Other Please tell us:			
If you did not breastfeed your new baby, go to Question 59b.					
6.	6. Are you currently breastfeeding or feeding pumped milk to your new baby?				
1		No Yes ── Go to Question 59a			
7.		w many weeks or months did you astfeed or pump milk to feed your baby?			
	_ _	Weeks OR Months Less than 1 week			

breastfeeding? Check all that apply	he or she ate food (such as baby cereal, baby food, or any other food)?
 My baby had difficulty latching or nursing Breast milk alone did not satisfy my baby I thought my baby was not gaining enough weight My nipples were sore, cracked, or bleeding 	Weeks OR Months My baby was less than 1 week old My baby has not eaten any foods If your baby is still in the hospital, go to
☐ It was too hard, painful, or too time consuming ☐ I thought I was not producing enough	Page 12, Question 65. 60. In which <i>one</i> position do you <i>most often</i> lay
milk I had too many other household duties	your baby down to sleep now? Check one answer
 ☐ I felt it was the right time to stop breastfeeding ☐ I got sick and was not able to breastfeed ☐ I went back to work or school ☐ My baby was jaundiced (yellowing of the 	 □ On his or her side □ On his or her back □ On his or her stomach
skin or whites of the eyes) Other Please tell us:	61. How often does your new baby sleep in the same bed with you or anyone else?
59a. How old was your new baby the first time he or she drank liquids other than breast milk (such as formula, water, juice, tea, or cow's milk)?	☐ Always ☐ Often ☐ Sometimes ☐ Rarely ☐ Never 62. Was your new baby seen by a doctor, nurse, or other health care worker for a one week
 Weeks OR Months My baby was less than 1 week old My baby has not had any liquids other than breast milk 	check-up after he or she was born? No Yes

63.	(Av	well-baby checkup is	a well-baby checkup? a regular health visit for 4, and 6 months of age.)		or p		s or your husband's or not doing anything regnant now?	
		No	Go to Question 65				Check <u>all</u> that apply	
64.		Yes nere do you usually to well-baby checkups	ally take your new baby			I am not having set I want to get pregn I don't want to use My husband or par use anything I don't think I can	ant birth control rtner doesn't want to	
		Hospital clinic Health department of Private doctor's offic Community health of Free clinic	ce or HMO clinic clinic			I can't pay for birth I am pregnant now Other	control	
		Other	→ Please tell us:	1	nur		s born, did a doctor, eare worker talk with control?	
65.	any pre	thing now to keep f gnant? (Some thing	gs people do to keep	[No Yes		
	from getting pregnant include not having sex at certain times [natural family planning or rhythm] or withdrawal, and using birth control methods such as the pill, condoms, vaginal ring, IUD, having their tubes tied, or their				had (A p	•		
Г		tner having a vasector	omy.)			No Yes	Go to Question 70	
Go	to (Yes — Puestion 66	Go to Question 67]	heal	hat visit, did a doct lth care worker diso h control with you?	cuss family planning or	
						No Yes		

nost recent pregnancy. For the Y (Yes) if it is true or circle not true.		
Y		
i d you e, ircle		
Y Y		
ould pelow cle le		
Y		
Y		

If your baby is not alive or is not living with you, go to Question 79.

you, go to Question 79.	during the <u>12 months before</u> your new baby was born.			
76. Listed below are some statements about safety. For each one, circle Y (Yes) if it applies to you or circle N (No) if it does not. No Yes a. My baby was brought home from the hospital in an infant car seat N Y b. My baby always or almost always rides in an infant car seat N Y c. My home has a working smoke	79. During the 12 months before your new baby was born, what was your yearly total household income before taxes? Include your income, your husband's or partner's income, and any other income you may have received. (All information will be kept private and will not affect any services you are now getting.)			
alarm	Less than \$10,000 \$10,000 to \$14,999 \$15,000 to \$19,999			
77. Did a doctor, nurse, or other health care worker talk with you about how to lay your new baby down to sleep?	\$20,000 to \$24,999 \$25,000 to \$34,999 \$35,000 to \$49,999 \$50,000 or more			
No Yes 78. About how many hours a day, on average, is your new baby in the same room or vehicle with someone who is smoking?	80. During the 12 months before your new baby was born, how many people, including yourself, depended on this income? People			
Hours	81. What is today's date?			
Less than 1 hour a day My baby is never in the same room or vehicle with someone who is smoking	Month Day Year			

The last questions are about the time

Please use this space for any additional comments you would like to make about the health of mothers and babies in Virginia.

Thanks for answering our questions!

Your answers will help us work to make Virginia mothers and babies healthier.